

# Working On Wellness



**November  
2006**

## Wellness Events & Info

[Runs](#)  
[Walks](#)

Check pages 2-16  
for event info & links

### Ann Arbor, Brighton, Canton

- Get Hooked on Fish - Nov 2<sup>nd</sup>
- CPR/Basic Life Support - Nov 6<sup>th</sup>
- Strength Training - Nov 6<sup>th</sup>
- Maximizing Your Food Choices - Nov 7<sup>th</sup>
- Cancer Prevention/Survival Cooking - Nov 8<sup>th</sup>
- Easy Holiday Side Dishes - Nov 8<sup>th</sup>
- La Cucina Italiana - Nov 9<sup>th</sup>
- Pilates Matwork - Nov 9<sup>th</sup>
- Finding Fats that Fit - Nov 14<sup>th</sup>
- Cooking for Two (or Just You) - Nov 29<sup>th</sup>
- Healthy Hearts Yoga, Overcoming Anxiety & Depression, Runner's Clinic & other healthy lifestyle education classes

### Bay City, Flint

- Healthwise University community ed classes

### Cadillac

- Get Moving Cadillac
- Heartsaver CPR/First Aid - Nov 27<sup>th</sup>
- Coldwater
- Free Grocery Shopping Tours - Mondays

### Detroit Area

- "Aim Hi" & "Promoting Healthy Eating..."
- Creating A Healthier Macomb
- Free community health, wellness & fitness classes

### Farmington Hills

- Botsford Health Care Continuum programs

### Grand Rapids

- Year-round Walking Program
- Year-round Cardiovascular Screening

### Grayling

- CPR/Infant/Child - Nov 15<sup>th</sup>
- Diabetes Glucose & Blood Pressure Screening
- Heart Health, Fitness, Nutrition Education Programs

### Holland

- On the Move

### Howell

- CPR/Basic Life Support - Nov 30<sup>th</sup>

### Lansing

- Arthritis Aquatics, Blood Pressure Screening
- Community Partners In Health
- Diabetes Education, Healthy Heart Exam

### Marquette

- Health and wellness information

### MidMichigan

- Health Education Classes & Screenings

### Owosso

- Classes, Health Screenings, Support Groups

### Petoskey

- Diabetes & Stroke Support Groups
- Medical Weight Management Program

### Rochester

- Health Education Programs

### Roscommon

- Activities & Fitness Center

### Sheridan

- Diabetes Support Group - Nov 1<sup>st</sup>

### Traverse City

- Nutrition: Latest Information - Nov 1<sup>st</sup>
- Working Off Weight - Tuesdays Nov 7<sup>th</sup> - 28<sup>th</sup>
- Diabetes Support Group - Nov 8<sup>th</sup>
- Nutrition: Food Ideas - Nov 15<sup>th</sup>
- Healthy lifestyle programs

### U.P.

- Get Moving UP
- Fitness Connection

# Ann Arbor & Ypsilanti

## Ypsilanti/Women's Health Center

### Get Hooked On Fish

11/2/06

5:30-7:00 p.m.

\$30

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2341>



### Strength

7 week series

11/6/06

12:15 - 12:45 p.m.

\$30

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2280>

### Maximizing Your Food Choices

11/7/06

6:00-7:30 p.m.

\$30

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2321>

### Easy Holiday Side Dishes

11/8/06

6:00-8:00 p.m.

\$30

<http://www.med.umich.edu/mfit/nutrition/cookclsdetail.htm>

### Cancer Prevention/Cancer Survival

#### Cooking Class

8 week series

11/8/06 - 1/17/07

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2350>

## Ypsilanti/Women's Health Center

### La Cucina Italiana

11/9/06

5:30-7:00 p.m.

\$30

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2438&listType=registration>

### Pilates Matwork

6 week series

11/9/06 - 12/21/06

5:30-6:30 p.m.

\$58

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2397>

### Finding Fats that Fit

11/14/06

6:00-7:30 p.m.

\$30

(734) 712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2323&listType=registration>

### Cooking For Two (or Just You)

11/29/06

6:00-8:00 p.m.

\$30

<http://www.med.umich.edu/mfit/nutrition/cookclsdetail.htm>

[More classes](#)

[map/locations](#)

# Ann Arbor & Ypsilanti

Ypsilanti/Women's Health Center



## CPR/Basic Life Support

Family and Friends

Tuesday, 11/06/2006

6:00 pm - 9:00 pm

American Heart Association class for community members over the age of 16 who are interested in learning the basic skills necessary to respond to emergencies in infants and children. This course DOES NOT meet the requirements for lay persons seeking a credential for CPR.

Cost: \$38.00 Contact: 517-734-712-5800

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=2294>

St. Jo Mercy Health System



## Healthy Hearts Yoga

6 weeks duration

Tuesdays, 5:30 pm - 6:45 pm

(on-going)

Gentle stretching, yoga postures and techniques for relaxation and stress management; no need to bend like a pretzel. Ideal for people with or at risk for cardiovascular disease. Classes are offered every Tuesday. Purchase a six-week package for \$60.00 to be used over an eight-week period. Payment may be made at your first class. FREE first-trial class! Begin at any time. Contact: 734-712-3546

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1056>

St. Jo Mercy Health System

## Runner's Clinic

Exercise and Fitness

4972 B Clark Road, Suite 200, Ypsilanti

Wednesdays, 5:00 pm (on-going)



This is an ongoing program to assist runners in fine tuning their technique while gaining information and insight into the prevention of injuries. MSOC will also help runners improve their efficiency to improve their running times.

For more information, see the Michigan Sports Medicine and Orthopedic Center's website.

Contact: 734-434-3020

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1465>

Ann Arbor/Behavioral Services

## Overcoming Anxiety & Depression

Mondays, 6:00 pm - 7:30 pm (on-going)

A therapy and education support group for people with anxiety, depression or both. Fee involved (may be a covered benefit; check with your insurance carrier).

Contact: 734-786-8009

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1212>

## Healthy Lifestyle Education Classes

For additional information, please call

(734) 712-3583

Michigan Heart and Vascular Institute

[www.sjmercyhealth.org/](http://www.sjmercyhealth.org/)

# Bay City, Flint, Mt Pleasant Owosso, Sheridan

## Bay City & Flint

McLaren Regional Medical Center



Bay City Employees:  
Call (989) 894-3936  
for class info

Flint Employees:  
Call (810) 342-5353  
for class info

## Healthwise University Community Education

<http://www.irmc.org/body.cfm?id=7&action=detail&ref=41>

**Hurley Health & Fitness Center**  
Check for fitness opportunities

## Owosso

**FREE lectures, support  
groups, wellness events, PACE  
exercise, health screenings**

## Memorial Healthcare

(Check event info for locations)

[www.memorialhealthcare.org](http://www.memorialhealthcare.org)

<http://www.memorialhealthcare.org/calendar/calendar.asp>

## Sheridan

### Diabetes Support Group

Wednesday, November 1st

(First Wednesday of every month)

1:30-2:30 pm

Bring along a family member or friend.

For more information, email Kim Christensen  
at [kimc@sheridanhospital.com](mailto:kimc@sheridanhospital.com)

or call 989-291-3261, ext. 240

<http://www.sheridanhospital.com/>



## MidMichigan

## Just Between Women

## Eating Smart

November signals the season of many celebrated holidays. Is the fear of putting on extra pounds keeping you from enjoying the holiday season? Our dietitians will give you tips on how you can eat well while still enjoying holiday favorites. There will also be a cooking demonstration with holiday recipes to share. Cost: \$ 5.00

<http://www.midmichigan.org/>

**Nov 01**

12 p.m. - 1 p.m.

Gratiot Medical Center  
300 East Warwick  
Modular Classroom  
Alma

**Nov 08**

12 p.m. - 1 p.m.

MidMich. Med Offices  
609 Quarter St  
Community Ed Room  
Gladwin

**Nov 09**

12 p.m. - 1 p.m.

MidMich. Health Park  
9249 W Lake City Rd  
Lwr Lvl Conf Rm  
Houghton Lake

**Nov 09**

12 p.m. - 1 p.m.

MidMich. Health Park  
4851 East Pickard  
Community Room  
Mt. Pleasant

**Nov 14**

12 p.m. - 1 p.m.

Doherty Hotel  
604 North McEwan

Clare

**Nov 2 & Nov 16,**

12 p.m. - 1 p.m.

MidMich. Health Park  
Center for Women's  
Health  
Midland

## Mt. Pleasant

MidMichigan Health Park

4851 East Pickard St

Check for Aquatic Exercise &  
Pilates Exercise Classes

<http://www.midmichigan.org/>

MidMichigan

Health Line

1 (800) 999-3199

[www.midmichigan.org](http://www.midmichigan.org)

MidMichigan

Health Education

Classes

# Detroit Area



## "AIM HI" For A Healthy Lifestyle Ongoing

Free health screening for diabetes, hypertension, cholesterol, glaucoma, and diabetic retinopathy, fitness and nutrition education classes, consultations with a fitness trainer, hypertension and cholesterol classes, diabetes self-management classes.

### Locations:

AIMHI Eastside Health Resource Center,  
Tues. & Thurs. 8:30AM-5:00PM, Fri. 8:30AM-  
12:30PM, 3360 Charlevoix, Detroit, MI  
48207 Phone: 313-921-8207

AIMHI Westside Health Resource Center,  
Mon. & Wed. 8:30AM-5:00PM, Fri. 1:00PM-  
5:00PM, 21551 Fenkell, Detroit, MI 48223  
Phone: 313-592-4838

Sponsor: Henry Ford Health Systems

For More Information: Call 313-921-8207 or  
313-592-4838, or call SouthEast Michigan  
Diabetes Outreach Network at 313-965-2351  
<http://www.diabetesinmichigan.org/eventdisp.asp?>

## Get Up, Get Out!

Learn about exciting things you and your  
family can do outdoors.

[http://www.detroitpublictv.org/gugo/  
index.shtml](http://www.detroitpublictv.org/gugo/index.shtml)

## Promoting Healthy Eating in Detroit (PHED) Ongoing

PHED conducts Healthy Eating Demonstrations, Mini-Markets (where fresh produce is available at wholesale prices), and Physical Activity Events regularly.

Cost: N/A

For information on food demonstrations and/or mini-markets, call Teretha Hollis-Neely at (313) 876-4444. For information on the Physical Activity events, call REACH Detroit Partnership at (313) 874-7131, or see brochure.

<http://www.diabetesinmichigan.org/brochure/PHED.pdf>

## Botsford Health Care Continuum Community Health-related Programs

### Blood Pressure Screening Free

2<sup>nd</sup> Monday every month. 1-4 p.m.  
Botsford General Hospital, Main Lobby

### Cholesterol Screenings Fee required

Call (248) 477-6100 for information

### Walking Clubs

Livonia Mall & Northland Mall  
Call (877) 442-7900 for information

**Free blood pressure** provided to walkers by  
Botsford General Hospital on selected days.

For a list of classes call (248) 477-6100  
[www.botsfordsystem.org](http://www.botsfordsystem.org)



## Detroit continued



Rehabilitation Institute of Michigan  
Detroit Medical Center/Wayne State University

### Free Health, Wellness & Fitness Classes

#### Fitness Calendar

To Register Call: (313) 745-9748

Search for other Detroit Area  
Health Care & Fitness Links

<http://www.detroit11.com/health.htm>

Detroit YWCA Northwest Branch  
Wellness Center

### Rochester

Crittenton Hospital Medical Center  
offers health education programs and services,  
[http://www.crittenton.com/health\\_education.htm](http://www.crittenton.com/health_education.htm)

Community Health & Education Department  
(248) 652-5269 from 8 a.m. to 4:30 p.m.,  
Monday through Friday

### Washtenaw County Trails

<http://www.ewashtenaw.org>

### Community Health Programs

<http://www.stjohn.org/communityhealth/Default.aspx>

### Creating A Healthier Macomb

<http://www.chmonline.org/>

### Free Blood Pressure Checks

[www.stjohn.org/CommunityCalendar](http://www.stjohn.org/CommunityCalendar)



Walking Works

# Coldwater, Grand Rapids



## Coldwater

### Grocery Shopping Tours

#### **Mondays - Ongoing**

Stroll through a grocery store with a Registered Dietitian and Certified Diabetes Educator and learn how to read food labels, make healthy choices, and an opportunity to ask all those questions you have wanted answers to. No Charge! Sponsor: Southern Michigan Diabetes Outreach Network (SODON)  
Location: Varies. Call SODON at 517-279-2267 or 800-795-7800 for a location near you.

[diabetesinmichigan.org](http://diabetesinmichigan.org)

## Coldwater

### Wednesdays

#### **Ongoing**

Free blood pressure  
and blood sugar screening.

Held the first Wednesday of every month,

Sponsor: Burnside Senior Center

Location: Burnside Senior Center,  
Coldwater, MI

[diabetesinmichigan.org](http://diabetesinmichigan.org)



## Grand Rapids

### YEAR-ROUND EVENT

### Cardiovascular Screening

Provided by healthcare professionals including cholesterol, blood pressure, hemoglobin, urine tests, and cancer prevention counseling.

Time and dates by appointment only!

Sponsor: Catherine's Care Center

Location: 224 Carrier St. N.E., Grand Rapids

Cost: Free to seniors 60+ years

For More Info: Call (616) 454-7900

[diabetesinmichigan.org](http://diabetesinmichigan.org)

## Grand Rapids

### Year Round Walking Program

#### **Mondays & Thursdays**

Seniors but others are also welcome!

Sponsor: Creston Neighborhood Association

Location: Kent Hills Elementary

1445 Emerald NE Grand Rapids, MI

Cost: No charge

For more information call

Dave Mossburger at 616/454-7900

[diabetesinmichigan.org](http://diabetesinmichigan.org)

## Tobacco Free Partners Classes

<http://www.tobaccofreepartners.org/classes.php>

# Holland

## On the Move

On the Move is a community wellness program designed to encourage families, adults and children of all ages, abilities and fitness levels to be active. Registration is on-going; join when you are ready to take a healthy step forward. Register in person at the Center for Good Health.

**"Bring a Friend Day" to the Group Walk**  
**Monday, December 11**

### 2006 Goal Run/Walks

*(Note: There is a fee for each race and you must pre-register)*

**November** - Thanks-for-Giving 5k, Holland

**December 31** - New Year's Eve 5k, Holland

*There will be a grand prize drawing (a Family Fair gift card) after each of the goal run/walks. All On the Move participants in the run/walk will be registered for the prize. You must be present to win!*

To contact the Center for Good Health:

E-mail: [CFGH@hoho.org](mailto:CFGH@hoho.org)

Call: (616) 394-3344

Mail: The Center for Good Health, 3290 North Wellness Drive, Building D, Suite 240,  
Holland, MI 49424.

Check the Center for Good Health Catalog for runs, walks, healthy cooking, stress management, and other wellness-related classes. (page 5 for Holland on the Move info)

<http://www.hollandhospital.org>





# Lansing Area



**Delta Waverly Aquatics**  
**Waverly East Intermediate School Pool**  
**3131 W. Michigan Avenue**  
**Lansing, Michigan**

**One (1) Free Aerobic Class**  
**Click and print coupon**  
**Expires: November 15, 2006**

Not valid for Lap Swim or Family Swim  
Must present coupon to the lifeguard to  
receive free class

Pool temp is warm to accommodate those with arthritis.  
Shower rooms and lockers are available.

**Pacers Walking Club**  
**Lansing Mall**

Monday through Sunday, doors open at 7am  
For information on club benefits, stop by the  
Pacers Information Station located near the Mall  
Administration Office just off the Food Court or  
call 517.364.8146. Pacers is sponsored by  
Sparrow Health System, the Lansing Mall  
and Delta Township. FREE

**Walkabout Club**  
**Meridian Mall**

Monday through Saturday doors open at 7am  
(8am on Sunday's).  
Stop by the Customer Service desk to register.  
The Walkabout Club is sponsored by Sparrow  
Health System, the Meridian Mall, MSU Evening  
College and the Arthritis Foundation. FREE

**Sparrow**  
**Healthy Heart Exam**

Every Tuesday  
\$39/person  
[www.sparrow.org](http://www.sparrow.org)

**Blood Pressure Screening**

Every Weds 8am - 9:30am  
Lansing Mall Food Court  
1st & 3rd Weds of monthly 8am - 9:30am  
Meridian Mall Food Court

**Sparrow Diabetes Center**  
**Diabetes Education Outpatient Classes**

Sparrow Professional Building,  
Suite 340, 1200 E. Michigan Ave., Lansing.  
For more info on classes & cost, call 517.364.5955.

**Sparrow Community Health**  
**Education and Fitness Programs**  
**November 2006 Calendar**

**Community Partners in Health**

will again offer the Winter Warm-Up Program  
at the Lansing Mall on Saturday mornings  
from 9:00 a.m. - 10:00 a.m.  
beginning Jan. 13 - March 17, 2007.

Questions can be directed to Alicia Armstrong  
at Playmakers, 349-3803 or  
[alicia@playmakers.com](mailto:alicia@playmakers.com)

Community Education  
by Ingham Med Center  
[www.irmc.org](http://www.irmc.org)  
1 877 224 4325

# Howell & Lansing Area

Howell/SJM Livingston Hospital

CPR/Basic Life Support

Family and Friends Infant/Child

Thursday, 11/30/2006, 7:00 pm

American Heart Association class for community members over the age of 16 who are interested in learning the basic skills necessary to respond to emergencies in infants and children. This course DOES NOT meet the requirements for lay persons seeking a credential for CPR.

Cost: \$38.00 Contact: 517-545-6517

<http://www.sjmercyhealth.org/body.cfm?xyzpdqabc=0&id=11&action=detail&ref=1750>



## Court One Athletic Club Programs

### Healthwise University Weight Management/Diabetes Center

Diabetic Education Center  
just off lobby of the Pennsylvania Campus

#### Living With Diabetes

2nd Tues each month - 8:30am - 5pm  
1st Tues, Weds, Thurs each month - 9am - 12noon  
3rd Tues, Weds, Thurs each month - 6pm - 9pm  
registration: 1 877-224-4325 or (517) 367-5159

## Lansing Community College Arthritis Aquatics

Arthritis Aquatics is a class that will give the student exercises for range of motion in a comfortable 90° pool.  
tri-fold brochure



Other fitness courses offered by LCC:

- Cardiac Rehabilitation
- Adult Lifestyle Exercise
- Fit for Life Exercise

Call (517) 483- 1227 for more details

LCC Physical Fitness/Aquatics  
course description

## Lansing Parks & Recreation

Activity Guide

City of Lansing  
Upcoming Events

<http://parks.cityoflansingmi.com/calevents.asp>



# Upper Michigan

## Let's Get Moving Cadillac

Register anytime

Learn 100 ways to stay active

<http://www.cadillacmichigan.com/letsgetmoving/>

## Cadillac

### Heartsaver CPR/1st Aid

Mercy Hospital Cadillac - Auditorium

Monday, November 27, 2006

6:00 pm - 9:00 pm

This American Heart Association course is designed for the layperson who would like to learn CPR for any or all age groups. Participants will learn CPR, First aid, Foreign body airway obstruction relief for all age groups but individualized according to need. Automated external defibrillation training is also provided. Cards good for 2 years. Fee for course does not represent funds going to AHA. Courses adapted for your company  
Fee: \$50.00 non refundable. Preregistration: Required  
Contact: Kim Benz, Mercy Hospital Cadillac  
Education Department, 400 Hobart St.  
Cadillac, MI 49601, (231) 876-7149 (phone)  
benzk@trinity-health.org  
<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1000523>

## Grayling

### Heartsaver CPR/1st Aid

### Infant/Child

Mercy Hospital Grayling

Education Department

Tuesday, November 15, 2006

6:30 pm - 9:30 pm

To register: call 989-348-0888

Fees \$24

Preregistration: Required

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001613>

## Grayling

### Nutrition Education

Mondays-Fridays

Call for times

Meet with registered dietician to discuss nutrition needs and health eating.

To schedule an appointment call 348-0380.

Preregistration: Required

Contact: Mercy Hospital Grayling - Nutrition

Phone: (989) 348-0380

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001620>

## Diabetes Glucose & Blood Pressure Screening

Ongoing - No Cost!

Check blood sugar & blood pressure.

**Sponsor:** Mercy Hospital Grayling

**Location:** Call Grayling Mercy Hospital at

989-348-0455 for dates and times

For More Information: Contact Rhonda Haske, RN, BSN, CDE at phone: 989-348-0455

fax: 989-348-0479 or e-mail: [hasker@trinity-health.org](mailto:hasker@trinity-health.org)

## Heart Health & Fitness Program

Mondays, Wednesdays, Thursdays

Designed for those who need help starting a regular exercise routine, and who have two or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, inactivity, overweight, smoking, or stress. Involves exercise sessions, education about safe guidelines for long-term home exercise, diet modification, and lifestyle behavior management. (Call for times)

Fees: \$5.50/session Preregistration: Required

Contact: (989) 348-0371

Mercy Hospital Grayling-Cardiac Rehab Department

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001616>



## Upper Michigan continued



### Petoskey

#### Medical Weight Management Program

at a variety of dates and times

Burns Professional Building, Ground Floor

Fee: Free Introductory Sessions

Is weight affecting your health? If you're serious about losing weight, don't wait. The program is

medically supervised by the Northern Michigan Hospital Diabetes and Nutritional Counseling Center.

Contact : HealthAccess at 1.800.248.6777

or 1-800-847-3665

<http://www.northernhealth.org/main.phtml?catid=8>

#### Diabetes Ongoing Learning Group

Second Monday of each month, 7:00 pm

Dean C. Burns Community Health Education Center  
360 Connable Ave.

A support group for patients with diabetes and their family members. Guest speakers periodically present the latest information related to diabetes.

Contact: HealthAccess @ 1-800-248-6777

#### Stroke Support Group

1st and 3rd Tuesday of the month

1:00 - 2:00 pm

Northern Michigan Hospital

Second floor Acute Rehab Conference Rm

A support program for patients and families.

Contact: HealthAccess @ 1-800-248-6777

### Traverse City

#### Working Off Weight

Every Tuesday

11/7, 11/14, 11/21, 11/28

3 month program

Call for times

Premier Health and Fitness

1209 S. Garfield Rd Suite A

Traverse City, MI 49686

[http://www.munsonhealthcare.org/cgi-](http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001504)

[bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001504](http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001504)

#### Nutrition: Latest Information

Wednesday, 11/1/06

9:00 am - 10:00 am

Munson Community Health Center

Conf Rm A

Class covers the low fat, low sodium diet and its importance in the treatment of cardiovascular disease. It includes a review of the current research and a discussion on how to improve your lipid profile (cholesterol) and blood pressure from a nutritional perspective. Also discussed are complex carbohydrates and what happens when a person trials diets such as Atkins and the South Beach Diet.

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001659>

### Roscommon

Community Recreation,

Activities and Fitness Center

606 Lake Street , Roscommon, MI 48653

Phone: (989) 275-4975

[Activities & Classes](#)

## Upper Michigan continued

### Traverse City

#### Munson

### Nutrition: Food Ideas

Wednesdays

11/15/2006

9:00 am - 10:00 am

Munson Community Health Center

Conference Room A

550 Munson Avenue

Traverse City, MI 49684

This class covers healthy cooking techniques for reducing fat, specific foods to look for at the grocery store, planning a menu and organizing your kitchen to prepare heart healthy meals. No Cost. Contact: Mary McManemy, RN (231) 935-8565 (phone) (231) 935-8609 (fax) [mmcmanemy@mhc.net](mailto:mmcmanemy@mhc.net)

Future dates:

12/20/2006

<http://www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/EventDetails?id=1001662>

## Let's Get Moving Northern Michigan!

In this program healthcare providers across Northern Michigan team up with local sponsors and local government to encourage adults, children, and families to set personal goals and make activity part of their daily lives.

*check below link for info*

<http://www.lgmnm.org/site/3526/default.aspx>

### Traverse City

#### Munson

### Diabetes Support Group

11/08/06

1:30 pm - 3:00 pm

(2nd Wednesday every month)

Munson Medical Center - Dining Room 2

For more information:

(231) 935-8200 or (800) 809-8127 (phone)

(231) 935-8215 (fax)

[education@mhc.net](mailto:education@mhc.net)

## Free Healthy Lifestyle Programs

(231) 935-6449

When: Last Wednesday of the month

Where: Grand Traverse Mall's Community Room

## Community Health Education Calendar

[www.MunsonHealthCare.org](http://www.MunsonHealthCare.org)

## Northern Michigan Wellness Classes & Events





# Upper Peninsula

## Helen Newberry Joy Hospital Diabetes Education

906-293-9286 or 800-743-3093

Classes are offered at Helen Newberry Joy Hospital & Healthcare Center in the Huron (main) Conference Room unless otherwise indicated.

<http://www.hnjh.org/diabeteseduc.html>

## Houghton Community Health Center The Fitness Connection

Located on the second floor of the Houghton Community Health Center, The Fitness Connection offers a variety of memberships.

- Certified, friendly staff
- Individualized personal training services
- Fitness testing
- Fitness counseling services
- Massage
- A wide range of aerobic equipment such as Woodway & Cybex treadmills, and Precor elliptical cross trainers. State-of-the-art weight training equipment including Free Motion Fitness Series. For info call: (906) 483-1887

### Hours of Operation:

5:30 a.m. to 10 p.m. Monday - Friday

8 a.m. to 6 p.m. Saturday

12 p.m. to 6 p.m. Sunday

[www.portagehealth.org](http://www.portagehealth.org)

## Upper Peninsula Health Care Network

<http://www.uphcn.org/>

## Marquette

## Marquette General Hospital Health & Wellness Info

<http://www.mgh.org>

## Get Moving UP!

For Info, e-mail George Sedlacek

at [gsedlacek@hline.org](mailto:gsedlacek@hline.org)

(906) 475-9312

Negaunee, MI

[www.fitup.org](http://www.fitup.org)

<http://www.fitup.org/ActiveStatus.html>



# November 2006 National Health Observances



## Month-Long Observances

National Hospice Month  
National Hospice and Palliative Care Organization  
[www.nhpco.org](http://www.nhpco.org)

Foot Health Issues Related to Diabetes Awareness Month  
American Podiatric Medical Association  
[www.apma.org](http://www.apma.org)

Pancreatic Cancer Awareness Month  
Pancreatic Cancer Action Network  
[www.pancan.org](http://www.pancan.org)

Lung Cancer Awareness Month  
Lung Cancer Alliance  
[www.lungcanceralliance.org](http://www.lungcanceralliance.org)

National Adoption Month  
National Council for Adoption  
[www.adoptioncouncil.org](http://www.adoptioncouncil.org)

National Healthy Skin Month  
American Academy of Dermatology  
[www.aad.org](http://www.aad.org)

Jaw Joints - TMJ Awareness Month  
The TMJ Association, LTD  
[www.tmj.org](http://www.tmj.org)

COPD Awareness Month  
U.S. COPD Coalition  
[www.uscopd.org](http://www.uscopd.org)

PH (Pulmonary Hypertension) Awareness Month  
Pulmonary Hypertension Association  
[www.phassociation.org](http://www.phassociation.org)

National Family Caregivers Month  
National Family Caregivers Association  
[www.thefamilycaregiver.org](http://www.thefamilycaregiver.org)

Diabetic Eye Disease Month  
Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

American Diabetes Month  
American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

National Epilepsy Awareness Month  
Epilepsy Foundation  
[www.epilepsyfoundation.org](http://www.epilepsyfoundation.org)

Prematurity Awareness Month  
March of Dimes Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)

## Day & Week-Long Observances

15  
World COPD Day  
U.S. COPD Coalition  
[www.goldcopd.org](http://www.goldcopd.org)

16  
Great American Smokeout  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)

19 - 25  
GERD Awareness Week  
(Gastroesophageal Reflux Disease)  
Int'l Foundation for Functional Gastrointestinal Disorders  
[www.aboutGERD.org](http://www.aboutGERD.org)

21  
Prematurity Awareness Day  
March of Dimes Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)

# Wellness Councils of America Bulletins

*To Read: Click on desired topics*



## Better Safe

- [Understanding Thyroid Disease](#)
- [Exercise for Gain, Not Pain](#)
- [A Cold vs the Flu](#)
- [Who Should Get the Flu Shot?](#)
- [Exercise Prescription for Over 45](#)
- [Screening for Colon Cancer](#)
- [Your Feelings Affecting Work . . .?](#)
- [Re-engagement with Life](#)
- [Facts on Managing Your Cholesterol](#)
- [Atkins Diet Q&A](#)
- [Nutrition for a Healthy Long Life](#)
- [Are You Living Your Maximum Life?](#)
- [Stretching Your Future](#)
- [Bending, Not Breaking](#)
- [Freckles, What's the Skinny?](#)
- [Quit Smoking](#)
- [Taking Care of the Unexpected](#)
- [Managing the Aches & Pains of Arthritis](#)
- [Breast Cancer De-Mystified](#)
- [Alzheimers & Other Dementias](#)
- [Dealing Effectively with Back Pain](#)
- [Five Alive](#)
- [Heartache if Heartburn?](#)
- [Obesity and Heart Disease](#)
- [Is it a Migraine?](#)
- [Balance in Life & Work](#)
- [The Right Fit](#)
- [Walk This Way](#)
- [Preventing/Treating Arthritis](#)
- [Better Health: In the Stretch](#)
- [Thinking, Feeling, and Health](#)
- [Mind/Body Teamwork for Health](#)
- [Screening For Life](#)
- [Prostate Cancer: Know Your Risks](#)
- [Exercise for Gain, Not Pain](#)
- [Don't Be Scared, Be Prepared](#)
- [Emergency Kit Essentials](#)
- [Making the Rest of Your Life the Best of Your Life](#)

## Day In & Day Out

- [Control Your Portions](#)
- [Relationships: Your Other Care System](#)
- [Cooking Healthy](#)
- [Chicken w/Chinese Vegetable Stir Fry](#)
- [7 Signs of A Fad Diet](#)
- [Diabetes Prevention](#)
- [Spinning & Winning](#)
- [Six Biggest Cycling Mistakes](#)
- [Stick With It](#)
- [Women, Weights, and Core Strength](#)
- [Fit For Life](#)
- [Depression: More Than the Blues](#)
- [Spa Day At Home](#)
- [Spa Resources](#)
- [Better Golf for Fitness & Fun](#)
- [Know Your Risks for Sleep Apnea](#)
- [Preparing for Fitness](#)
- [Lawn Games](#)
- [Tea Time For Your Ticker](#)
- [Exercise & Play Go Hand In Hand](#)
- [A Healthy Balance](#)
- [Bad Diets Start Early](#)
- [Savory Citrus Salsa](#)
- [Staying Connected](#)
- [5-A-Day Made Easy](#)
- [What's Cooking in 2006?](#)
- [More Is Less](#)
- [The Power of Ten](#)
- [Changing Lifestyles/Improve Health](#)
- [Surviving Holiday OverIndulgence](#)
- [Skinny Sweet Potato Pie](#)
- [Jump Around](#)
- [Might As Well Jump](#)
- [Thanksgiving: The Right Stuffing](#)
- [Working Out for Scale](#)
- [All Things In Moderation](#)
- [The Java Jitters](#)
- [Working Out to Power of 3](#)
- [Ironman Facts](#)
- [How to Make A Fast Lunch Healthy](#)

## To Your Health

- [For Pain, Apply RICE](#)
- [The Promise of PILATES](#)
- [Managing Pain](#)
- [Walk the Talk](#)
- [Walking for the Health of It](#)
- [Understanding Depression](#)
- [Healthy Snacking for Football Season](#)
- [Football Stew](#)
- [10 Tips -Taking Charge of Your Healthcare](#)
- [Target Your Heart Rate](#)
- [Hearty Facts](#)
- [Mediterranean Diet](#)
- [Healthiest Burger](#)
- [Safe Grilling](#)
- [Take a Hike](#)
- [Fast Food Fast Facts, Food for Thought](#)
- [Men & Women: How We Age](#)
- [When Good Foods Don't Feel Good](#)
- [The Mystery of the Shrinking Biceps](#)
- [Power Packed Foods](#)
- [Resting Easy](#)
- [Core Strength](#)
- [Hormone Replacement Therapy](#)
- [Scaling New Heights](#)
- [Manage Weight as You Age](#)
- [Rules for a Great Workout](#)
- [Food Buzz Words](#)
- [Many Roads to One Path](#)
- [Yuletide Yoga](#)
- [Healthy To the Core](#)
- [Diabetes: Are You At Risk?](#)
- [Dealing With Diabetes](#)
- [Fatigue Facts](#)
- [Ready, Set, Stop](#)
- [You Can Quit Smoking](#)
- [Stressed Out?](#)
- [Knocking Out Aches & Pains](#)
- [Over the Counter Medications](#)
- [Driving To A Better Back](#)
- [Hitting An Adjustment Point For Balance](#)